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LONG BEACH RECREATION & SKUDIN SURF PRESENT: OCEAN SKILLS & SAFETY CLASS



*This class is designed for any surfer who wants to dramatically boost their ocean ability level!
Enrollment is for boys and girls ages 6 – 16. Class meets Sunday evenings from 5:30 to 6:45 p.m.
Participants must be comfortable in deep water.*

This program will be supervised by Beth & Dave Skudin and Skudin Surf Instructors..

***First come, first served. 36 Maximum per session
Start Date January 8, 2017***

REGISTRATION: **LONG BEACH RECREATION CENTER**
700 MAGNOLIA BLVD
431-3890

FEE: **\$250.00 for Eight (8) Week Program**
Checks or money orders made payable to Skudin Surf. Cash is also accepted.

Name _____ **Age** _____ **DOB** _____

Address _____ **Phone** _____

Parent Name _____ **E-Mail** _____

Emergency Name _____ **Emergency Phone** _____

School Attending _____

I, the parent or guardian of the below named child, give permission and approval for his/her participation in the Long Beach Parks and Recreation Department's Skudin Surf Program. I fully understand that my child must abide by all the Rules and Regulations set forth by the Parks and Recreation Department and further agree to explain to my child the Codes of Conduct set forth by the Long Beach Parks and Recreation Department. I also agree to follow those rules that apply to me as a parent and spectator. The Codes of Conduct can be found on the web at www.longbeachny.gov/rec. I hereby authorize and give full consent to the City of Long Beach to use and or publish photographs or video in which my child may appear while participating in Parks and Recreation programs and grant permission for publication or use of those images.

I understand that payment is non-transferable and non-refundable. Parent Signature _____

For Rec Staff Use:

Receipt # _____ Amount Paid \$ _____ Proof of Age _____ Date _____ Staff _____

CITY OF LONG BEACH
Parks and Recreation Department

ELIGIBILITY REQUIREMENTS FOR OCEAN SKILLS & SAFETY

1. Children residing in the Long Beach City School District and/or attending Long Beach Schools are eligible to enroll in the Ocean Skills & Safety Program beginning December 8, 2016.
2. Registration begins for Non-Residents on December 15, 2016.
3. A \$5 late registration fee may be added for anyone registering after January 8, 2017.
4. Ocean Skills & Safety is open to boys and girls ages 6 – 16.
5. Sunday dates are January 8, 22 and 29, February 5 and 12 and March 5, 12, 19.
**Make up date, if necessary, March 26.
6. **Session time is 5:30 p. m. to 6:45 p. m.**

EXAMPLES OF CLASS STATIONS

1. 25 yard pool – Stand up paddle session includes all equipment. This will develop proper stance, paddling and steering. This exercise strengthens the core, flattens the stomach, and strengthens the lower back. This core development is essential for surfing.
2. 25 yard pool – Stroke mechanic instruction will develop the technique in all phases of instruction on the proper strokes.
3. Diving tank – Open water ocean survival skills with underwater games and balance training.